



HOPE AND HAPPINESS OF FEMALE POST GRADUATE STUDENTS

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ABSTRACT

Hope and Happiness are the positive emotions which are important subjects in the life of individuals. The present study analysed the Hope and Happiness which are the psychological variables among female post graduate university students. The samples of female post graduate students of North-Eastern Hill University are selected randomly. The tools used in the study are the Adult Hope Scale and the Subjective Happiness Scale. The Pearson Product Moment Correlation and t-test are used for analysing the data. The result of the study reported significant relationship between Hope and Happiness of Female post graduate students. It also reported differences in gender on Hope but not on Happiness. The study contributes to the understanding of the Hope and Happiness of Female post graduate students studying in North-Eastern Hill University.

KEYWORDS: Hope, Agency Hope, Pathway Hope, Happiness, Female Post Graduate Students.

1 INTRODUCTION

Hope and Happiness are the positive emotions which are important subjects in the life of individuals. Both Hope and Happiness helps in human thriving. In day to day life Hope is understood as the feeling of anticipation and longing for a particular thing to happen. However, Charles Snyder developed the construct of Hope and introduced the construct into the psychology literature using the term (Magaletta & Oliver, 1999). Snyder also developed a conceptualized theory of hope also known as hopeful thought consisting of three components: goal, agency, and pathway. Snyder et. al. (1991) defines hope as "a positive motivational state that is based on an interactively derived sense of successful (a) agency (goal-directed energy), and (b) pathways (planning to meet goals)". According to Snyder, with Hope, one strives towards reaching the goals despite of the obstacles (Rand & Cheavens, 2009). For reaching the goals one uses the agency and the pathway. The agency in the other words is the motivation (Rand & Cheavens, 2009) or the goal-directed energy (Snyder, 2002) or willpower to move toward one's goals (Pedrotti, Edwards & Lopez, 2008). The pathway in Snyder's definition is the planning to meet goals (Snyder, 2002), or ability to develop multiple routes to one's goals (Pedrotti, Edwards & Lopez, 2008). Therefore, Snyder (2002) defined Hope as the perceived capability to derive pathways to desired goals, and motivate oneself via agency thinking to use those pathways (Snyder, 2002). Hope is the expectation for the best in the future and working to achieve it; believing that a good future is something that can be brought about (Peterson & Seligman, 2004). Research studies have supported that Hope and understanding of Hope varies in people of different age group as well as from individual to individual. The same may be expected from young people in the way they understand and experience Hope. Turner (2005) attempted to study Hope as seen through the eyes of 10 Australian young people reported to have come across four horizons of Hope, where one of the understanding of Hope is a driving force. Research findings uphold the values of Hope, where it improves performance (Snyder et. al., 2002; Curry, Snyder, Cook, Ruby & Rehm, 1997) and it is one of the powerful approaches for success (Day et. al., 2010; Rand, Martin & Shea, 2011). These benefits of Hope are in line with the definition of Snyder, that Hope includes the pathway and the agency or a driving force towards the goal.

Dunavolt (1997) argued that happiness, hope and optimism are three very different, but complimentary, conditions; where Happiness - primarily biological in nature, seems to be the most basic fundamental condition of the three; Hope - primarily a learned condition, can lead to happiness, and optimism - a primarily cognitive condition which, in the words of one researcher, spawns hope. And, in turn, happiness seems to reinforce optimism leading to a cycle of happy, hopeful, optimistic persons. Further, Saricam (2014) carried out correlation analysis and found that trust and confidence, positive future orientation, and social relations and personal value sub factors of hope were found positively related to subjective happiness. Happiness is the experience of joy, contentment, or positive well-being, combined with a sense that one's life is good, meaningful, and worthwhile, (Lyubomirsky, 2007). Happiness is defined as subjective enjoyment of one's life as-a-whole and this can be measured using self-report (Veenhoven, 2007). Compton (2005) reflected that college students are happier than adolescents who are undergoing the storm and stress in life, and also happier than older adults. There are different determinants of Happiness in young people such as self-esteem, academic success and financial security (Flynn and MacLeod, 2015),

family, health, academics, recognition and extending help to others (Abecia et. al., 2014), as well as religion and stable political settings were also noted as contributing factors to happiness (D'raven & Pasha-Zaidi, 2014). Also, happy people appear to be more successful than their less happy peers in the three primary life domains: work, relationships and health (Lyubomirsky, King & Diener, 2005). The benefits of both Hope and Happiness build an interest towards the present study to know their status amongst the female students studying in the university.

The present study aims to explore the relationship of Hope and Happiness, and also to look into the Pathway and Agency of Hope and find their individual relationship with happiness. The study also aims to find out the differences in Hope and Happiness of Tribal and Nontribal female post graduate students. The findings of this study are expected to satisfy academic interest, for profound understanding and importance of Hope and Happiness among the general population of female post graduate students studying in the North-Eastern hill University.

Objectives of the Study

The following objective has been formulated for the present study:

1. To find out the relationship between (a) Pathway-Hope and Happiness (b) Agency-Hope and Happiness and (c) Hope and Happiness of Female post graduate students.
2. To find out the difference in (a) Pathway-Hope (b) Agency-Hope (c) Hope and (d) Happiness between Tribal and Nontribal female post graduate students.

Null Hypotheses

The following Null hypotheses have been formulated for the present study:

Ho1: There is no significant relationship between Pathway-Hope and Happiness of female post graduate students.

Ho2: There is no significant relationship between Agency-Hope and Happiness of female post graduate students.

Ho3: There is no significant relationship between Hope and Happiness of female post graduate students.

Ho4: There is no significant difference in Pathway-Hope between Tribal and Nontribal female post graduate students.

Ho5: There is no significant difference in Agency-Hope between Tribal and Nontribal female post graduate students.

Ho6: There is no significant difference in Hope between Tribal and Nontribal female post graduate students

Ho7: There is no significant difference in Happiness between Tribal and Nontribal female post graduate students.

II METHOD

Participants

The participants of the study include 907 female students studying in the different Post Graduate courses in North-Eastern Hill University.

Method

Descriptive method will be used in the study.

Tool

The tools used in the study are (i) Adult Hope Scale and (ii) Subjective Happiness Scale. The Adult Hope Scale was developed by Snyder, Harris, Anderson, Holleran, Irving, Sigmon, et al. (1991). It contains 12 items, four items of which measures pathway thinking, four items measure agency thinking, and four items are fillers. Each item is answered using an 8-point Likert-type scale. The Subjective Happiness Scale (SHS) was developed by Lyubomirsky and Lepper (1999). It is a four item measure of global subjective happiness. It is rated on the four items on different Likert scales, each ranging from 1 to 7.

Statistical Technique

The Statistical techniques used in the study are Pearson Product Moment 'r' and t-test.

III RESULT

The collected data of female students studying in North-Eastern Hill University were analysed and the result is shown in the following tables:-

The correlation between (a) Pathway-Hope and Happiness (b) Agency-Hope and Happiness and (c) Hope and Happiness of Female university students are shown in Table I.

Table I: Correlation between (a) Pathway-Hope and Happiness (b) Agency-Hope and Happiness and (c) Hope and Happiness of Female university students

Measures	M	SD	N	df	r	Sig.
Pathway-Hope	23.80	4.212	907	905	.193*	.000
Happiness	18.59	3.953				
Agency-Hope	22.42	4.614	907	905	.275*	.000
Happiness	18.59	3.953				
Hope	46.21	7.630	907	905	.272*	.000
Happiness	18.59	3.953				

Note. * $p < .01$ level

On observing Table I, it may be interpreted that:

The relationship between Pathway-Hope ($M = 23.80$, $SD = 4.212$) and Happiness ($M = 18.59$, $SD = 3.953$) of female post graduate students was positively and significantly correlated, $r(905) = .193$, $p = .000$. Hence, the null hypothesis is rejected at .01 level.

The relationship between Agency-Hope ($M = 22.42$, $SD = 4.614$) and Happiness ($M = 18.59$, $SD = 3.953$) of female post graduate students was positively and significantly correlated, $r(905) = .275$, $p = .000$. Hence, the null hypothesis is rejected at .01 level.

The relationship between overall Hope ($M = 46.21$, $SD = 7.630$) and Happiness ($M = 18.59$, $SD = 3.953$) of female post graduate students was positively and significantly correlated, $r(905) = .272$, $p = .000$. Hence, the null hypothesis is rejected at .01 level.

Based on the result of the study, the Null hypotheses Ho1 stating no significant relationship between Pathway-Hope and Happiness, Ho2 stating no significant relationship between Agency-Hope and Happiness and Ho3 stating no significant relationship between Hope and Happiness of female post graduate students of NEHU, were rejected at .01 level, since there were significant relationship between the groups.

The t-test in the Table II reflected the significant differences (and no significant differences) in Pathway-Hope, in Agency-Hope, in Hope, and in Happiness among the Tribal and Nontribal female post graduate students

Table II: Difference in Hope and Happiness between Tribal and Nontribal female post graduate students

Measure	Category	N	M	SD	df	t	Sig.
Pathway-Hope	Tribal	818	23.90	4.148	905	2.312*	.021
	Nontribal	89	22.82	4.675			
Agency-Hope	Tribal	818	22.48	4.593	905	1.236	.217
	Nontribal	89	21.84	4.786			

Hope	Tribal	818	46.38	7.509	905	2.024*	.043
	Nontribal	89	44.66	8.553			
Happiness	Tribal	818	18.63	3.970	905	1.053	.292
	Nontribal	89	18.17	3.791			

Note. * $p < .05$

The t-test in the Table II reflected the significant differences (and no significant differences) in Pathway-Hope, Agency-Hope, Hope, and Happiness among the Tribal and Nontribal female post graduate students. The result of the study may be given below:

An independent sample t-test showed that the difference in Pathway-Hope scores between Tribal ($N = 818$, $M = 23.90$, $SD = 4.148$) and Nontribal ($N = 89$, $M = 22.82$, $SD = 4.675$) were statistically significant, $t(905) = 2.312$, $p = .021$. Hence, the null hypothesis is rejected at .05 level.

An independent sample t-test showed that in Agency-Hope scores between Tribal ($N = 818$, $M = 22.48$, $SD = 4.593$) and Nontribal ($N = 89$, $M = 21.84$, $SD = 4.786$), the difference is not statistically significant, $t(905) = 1.236$, $p = .217$. Hence, the null hypothesis fails to be rejected.

An independent sample t-test showed that the difference in Hope scores between Tribal ($N = 818$, $M = 46.38$, $SD = 7.509$) and Nontribal ($N = 89$, $M = 44.66$, $SD = 8.553$) were statistically significant, $t(905) = 2.024$, $p = .043$. Hence, the null hypothesis is rejected at .05 level.

An independent sample t-test showed that in Happiness scores between Tribal ($N = 818$, $M = 18.63$, $SD = 3.970$) and Nontribal ($N = 89$, $M = 18.17$, $SD = 3.791$) the difference is not statistically significant, $t(905) = 1.053$, $p = .292$. Hence, the null hypothesis fails to be rejected.

Based on the result of the study, the Null hypotheses Ho4 stating no significant difference in Pathway-Hope between Tribal and Nontribal female post graduate students, and Ho6 stating no significant difference in Hope between Tribal and Nontribal female post graduate students, were rejected at .05 level of significance, since there were significant relationship between the groups. Whereas, Ho5 is stating no significant difference in Agency-Hope between Tribal and Nontribal female post graduate students and Ho7 stating no significant difference in Happiness between Tribal and Nontribal female post graduate students, fails to be rejected as there were no significant difference between the groups.

IV DISCUSSION

Findings of the study show significant and positive relationship between Hope and Happiness of female post graduate studies. This finding is in line with the study of Kirmani, Sharma, Anas and Sanam (2015) which reported that there is significant relationship between Hope and Subjective Well-Being of college going adolescent girls in a government university in Aligarh. According to the finding of the present study, it shows that with increased Hope there is increased Happiness. Theory of Hope suggested that Hope is goal direction made up of Pathway-Hope (plan) and Agency-Hope (motivation). More so, it was found that both the Pathway-Hope and Agency-Hope are positively and significantly related with Happiness. This further shows that Hope subscale of appropriate planning for meeting goals increases Happiness. Also sustained motivation and energy to work as per the appropriate planning for meeting goals also increases Happiness. The probable reason for this may be due to the reason that when one gives effort of time and labour towards planning, and sustaining energy to carry out the plan to success; this also contributes to the pleasant feeling towards the immediate plan and effort of the moment. Hence female post graduate students self-reported the kind of happiness that they felt. Other findings of the study are that, there is significant difference in Pathway-Hope, but no significant differences exist in Agency-Hope among Tribal and Nontribal female post graduate students. This shows that Tribal and Nontribal female post graduate students have distinct approaches towards plans for reaching goals, but there is no distinction in the way they spent energy or sustain motivation to reach the goal. Further, there is significant difference in Hope, but no significant differences exist in Happiness among Tribal and Nontribal female post graduate students. This indicates that goal direction approach is significantly different between Tribal and Nontribal, but pleasant feeling towards their immediate environment is not significantly different.

CONCLUSION

With the research findings of the present study, it may be concluded that there exist significant relationship between Hope and Happiness. The subscale of Hope that is Pathway and Agency also show significant relationship with Happiness. Further, the significant differences existed between Tribal and Nontribal in Hope and in Pathway-Hope. While there is no significant differences existed between Tribal and Nontribal in Agency-Hope and in happiness. However, it may be stated that the present study is limited in terms of capacity for drawing causal inference towards the determinants of Hope and Happiness of female post graduate students. The findings of the study have given an insight on the Hope, Pathway-Hope, Agency-Hope and Happiness of the female post graduate students. In the future, with profound and extensive research on the same area, there

will be greater contribution of the present study in understanding more about Hope and Happiness.

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